

The Best Lunch Box Ever

Congratulations, if you are purchasing a lunch box you are committed to taking your lunch. Be proud of making the decision to prepare on Sundays, evenings or early mornings, grab and go, portioned healthy choices. Keeping your commitment to take healthy lunches includes picking the right lunch box.

The next time you decide to treat yourself to a new lunch box (or maybe this is your first), consider the following tips.

Choose a lunch box that has:

- A hard plastic liner that can be removed and washed
- Height to allow you to carry taller items
- Durable nylon construction that is stain and water resistant
- A shoulder strap, this allows you to wear it over your shoulder if your hands are full
- Lots of space for containers; when you take lots of fruits and vegetables you need room; a large size will also allow for space for freezer packs to keep everything cold

Keep up the good work, taking a healthy lunch instead of hitting the fast food drive through or vending machines is a great step towards good health.



Source: *Eat Smart, Move More, Weigh Less*



DID YOU KNOW?

The secret code word to win a FREE cookbook rhymes with "intrude" **Good luck!**



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SWIMMING LESSONS

As well as being fun, swimming is a great way to keep fit and make friends. It's a low-impact activity that has many physical and mental health benefits. For example, swimming increases your heart rate without stressing your body. However, you want to ensure that those in your household and community know how to swim and do so in a safe environment.

Visit watersmartbroward.org for information on how you can get free coupons for swimming lessons for you and your children

Contact Morgan Flynn, Drowning Prevention at morgan.flynn@flhealth.gov for more information!

How to get your **FREE** Water **SMART** Broward

\$40 Swim Coupon

Confirm you are eligible. Your child should be between 6 months and 4 years old, and be a Broward County resident

STEP 01

Go to www.watersmartbroward.org

STEP 02



Click on "Kid's swim coupon" tab

STEP 03

Fill out the form. Enter your child's name, date of birth, home address, and parent's email address

STEP 04

Check the mail. The \$40 swim coupon will be mailed by USPS and should take about 5-10 business days

STEP 05

Go to www.watersmartbroward.org, click on "Swim Instructions" then "Swim Lessons Near You" to find a pool that accepts the coupon

STEP 06



You Can Prevent Drowning
Stay safe around water this summer.

TRY THIS!

THE MAGIC SOUND OF Ocean Waves

The sounds of water have been used for centuries to aid meditation



Download on the App Store | GET IT ON Google Play

The sound of ocean waves are a form of white noise

White noise is sound that is produced at all different frequencies, which can help you:



Block distracting sounds



Feel more relaxed



Sleep, especially babies

Tip: As you're listening to the rhythm of ocean waves, try to envision your negative thoughts being pulled out to sea with each retreat of the waves

Summer Fitness

Did you know, having a performance based goal helps provide focus and motivation? Choose one, two or all three of the fitness goals below, cut it up, and post in your office as a reminder to remain active this August.

Please consult your healthcare provider before starting on any diet or exercise program.



August Fitness Goal

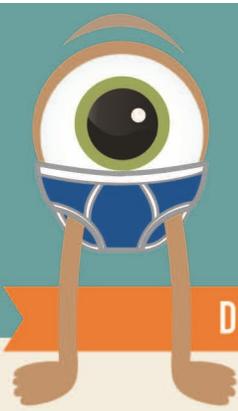
This month, I will walk 30 minutes per day



August Fitness Goal

This month, I will only use the stairs to get around at work

My Personal August Fitness Goal



CONTACT LENSES ARE LIKE UNDERWEAR

DON'T OVER-WEAR. AVOID THAT SKETCHY PAIR. CARRY A SPARE.

Not caring for your underwear can lead to nasty smells, but not caring for your contacts can lead to nasty eye infections.

1 DON'T OVER-WEAR

Replace your contacts as often as your eye doctor tells you, and don't sleep in them (unless your eye doctor says otherwise).



2 AVOID THAT SKETCHY PAIR

If a contact comes out and you can't disinfect it with fresh solution (never water or spit) right away, throw it out. Don't buy contacts from costume shops or anywhere that doesn't require a prescription.



3 CARRY A SPARE PAIR (OF GLASSES)

If you need to take out your contacts for an unexpected late night or trip to the pool, or if a contact comes out, have a pair of glasses as a backup.



TIP: Clean your case with solution daily, and get a new case at least every three months.



TIP: Take out contacts before showering, swimming, or hot tubbing.

COVER YOUR BUTT TAKE CARE OF YOUR EYES



U.S. Department of
Health and Human Services
Centers for Disease
Control and Prevention

www.cdc.gov/contactlenses





AUGUST IS NATIONAL BREASTFEEDING MONTH

August is National Breastfeeding Awareness Month, a time to promote the importance of breastfeeding. According to the Centers for Disease Control, 83% of infants in the United States receive breast milk at birth. At six months of age, only 25% of infants are exclusively breastfed. **The American College of Obstetricians and Gynecologists and the American Academy of Pediatrics recommend exclusive breastfeeding for the first six months of an infant’s life but can continue as long as the mother and infant desire.**

Not only does breast milk contain the correct balance of nutrients, but it also boosts a baby's immune and digestive systems with antibodies and good bacteria. For mothers, breastfeeding fosters an emotional bond with their new baby, and reduces the risk of certain cancers. Still, breastfeeding's not easy; it takes about as many hours to feed a child for a year as it does to work 40 hours a week at a full-time job. Mothers can feed their babies almost anywhere, especially now that many more public places like airports and offices accommodate breastfeeding. So, if you are a nursing mother at FDOH-Broward, where can you get support?

- **Pump Rooms on Campus & WIC location** - speak to your supervisor about using the pumping rooms on our campus when needed.
- **Breastfeeding Warm line** - breastfeeding moms can call the warm line for help and advice on breastfeeding. You can also receive referrals to a Certified Lactation Consultant (IBLC) should you need additional support. **Call the Breastfeeding Warm line at (954) 467-4511; they are open 8AM to 9PM.**
- **Additional Resources**– the WIC program at FDOH-Broward also promotes breastfeeding for a healthier community. **Email Esther Singleton at esther.singleton@flhealth.gov for more information on the Broward County Breastfeeding Coalition!**



What to Do If You’re Having Trouble Finding Baby Formula



In most cases, you can feed your baby any brand of formula that is available. Contact your **OB/GYN or pediatrician** for guidance on adjusting feeding practices – some may have unused formula samples.



Visit **hhs.gov/formula** for information on milk and formula banks, WIC offices, and guidance from the American Academy of Pediatrics.



Do not water down formula, make formula at home, or discard formula unless it is expired or is part of the recall.

Source: CDC, Florida Department of Health, National Today

TIPS TO SOOTHE & PREVENT SORE NIPPLES



WASH YOUR NIPPLES with water



Ensure your nursing **BRA IS THE RIGHT SIZE**



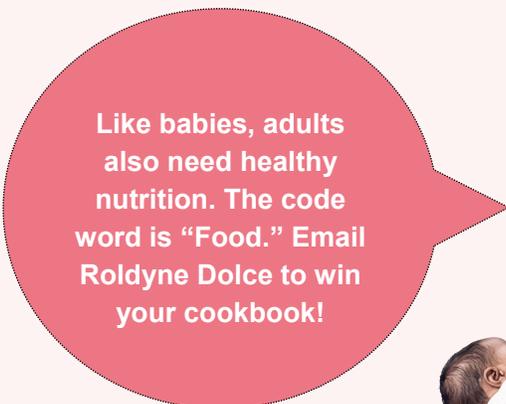
ALTERNATE SIDES & start nursing from less painful side



Use a **LANOLIN-FREE NIPPLE BUTTER** to soothe cracked nipples

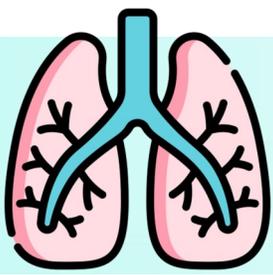


CONSULT A LACTATION expert to ensure the position & latch is correct



Like babies, adults also need healthy nutrition. The code word is “Food.” Email Roldyne Dolce to win your cookbook!





WORLD LUNG CANCER DAY

LUNG CANCER SCREENING ARE YOU ELIGIBLE?

AGE?

YOU ARE
50-80
YEARS OLD

SMOKE?



YOU CURRENTLY
SMOKE

OR



HAVE QUIT IN THE PAST
15 YEARS

CALCULATE YOUR PACK YEARS



NUMBER OF PACKS OF
CIGARETTES SMOKED PER DAY



NUMBER OF YEARS
YOU SMOKED

YOU HAVE A
20 PACK YEAR
OR GREATER
HISTORY OF SMOKING

DID YOU ANSWER YES OR ARE YOU UNSURE?

TALK TO YOUR DOCTOR ABOUT
YOUR RISK FOR LUNG CANCER.

EARLY DETECTION SAVES LIVES



THE BEST WAY TO
REDUCE YOUR RISK OF
LUNG CANCER IS TO
STOP SMOKING

A 15-MINUTE EXAM COULD SAVE YOUR LIFE



**PAINLESS
NON-INVASIVE
NO PREPARATION
COVERED BY MOST INSURANCE**

Lung cancer is responsible for nearly 1 in 5 cancer deaths according to the World Health Organization. Although smoking is the single greatest risk factor for lung cancer, your risk also increases if you have a history of cancer, over 50, family history, radiation to the chest area and/or other lung diseases like chronic obstructive pulmonary disease (COPD). Environmental exposure to radon, asbestos, arsenic, beryllium and uranium has also been linked to lung cancer.

The U.S. Preventive Services Task Force (USPSTF) recommends yearly lung cancer screening with LDCT for people who:

- Have a 20 pack-year or more smoking history, and
- Smoke now or have quit within the past 15 years, and
- Are between 50 and 80 years old.

The best way to reduce your risk of lung cancer is to not smoke and to avoid secondhand smoke. Lung cancer screening is not a substitute for quitting smoking.

If you are thinking about getting screened, talk to your doctor. If lung cancer screening is right for you, your doctor can refer you to a high-quality screening facility.

Source: Global Initiative for Chronic Obstructive Lung Disease, CDC

Join Us!



Florida Department of Health in Broward County

Employee Wellness Committee

Join our
Next Meeting



Friday, August 5, 2022
at 10:00AM

Administration Building
Main Conference Room (Fishbowl)

We are working towards our vision to be the **Healthiest State** in the nation. And we need your help! Join the Employee Wellness Committee at our next monthly meeting to plan activities for the year!

Please contact Nickey Lewin at nickey.lewin@flhealth.gov
or (954) 847-8020.



International Overdose Awareness Day

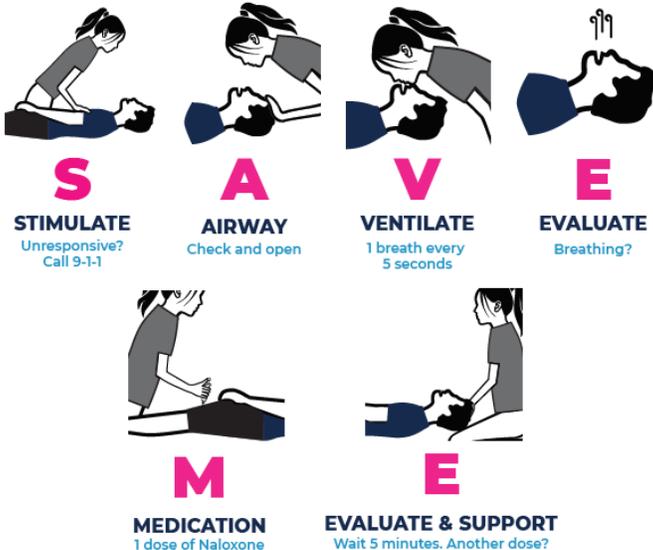
31 August

Opioid abuse in the U.S. remains a top public health concern. In 2020, there were about 3,000 opioid overdose deaths and over 15,000 Suspected Non-fatal Opioid-involved Overdoses in Florida

International Overdose Awareness Day spreads the message about the tragedy of drug overdose death and that drug overdose is preventable.

Source: U.S. Department of Justice, U.S Food & Drug Administration, Boston University

SAVE ME STEPS



KEEP GIVING BREATHS

Brain damage can occur within minutes. Naloxone work in 3-5 minutes.
For those trained in CPR: If a person is found not breathing and the overdose not witnessed, give chest compressions too.

What is an overdose?

Overdose (OD) happens when a drug overwhelms the body. Opioid overdoses happen when there are so many opioids or a combination of opioids and other drugs in the body that the person is not responsive to stimulation and/or breathing is weak. Within 3-5 minutes without air, brain damage starts to occur, soon followed by death. Fortunately, this process doesn't happen instantly; people slowly stop breathing which usually happens minutes to hours after the drug was used.

What are some risk factors of overdose?

Examples of underlying conditions that could place individuals at higher risk of overdose on prescription medications. Are:

- Breathing disorders, as in the case of COPD
- Older age
- Pregnancy
- Mental Health Conditions such as depression
- Alcohol or substance use disorder

What are the signs of an opioid overdose?

Signs include being unresponsive, frequent vomiting, tiny pupils, clammy or cold skin, blue lips and blue fingernails, beathing problems like slowed or irregular breathing. Depressed breathing is the most dangerous side effect of opioid overdose because the lack of oxygen to the brain can lead to permanent neurologic damage and organ failure.

If you suspect someone might be having an opioid overdose, start by stimulating them to confirm that they are unresponsive. Shout at them – use their name if you know it. If the person does not respond to sound or pain, call 911!

What is Narcan?

Narcan (Naloxone) is an emergency medicine that can reverse the effects of an opioid overdose caused by prescription painkillers, heroin and fentanyl. Giving naloxone to someone who has overdosed restores normal breathing, by reversing the effects of opioids. It is safe, easy to administer and has no potential for abuse.

Narcan is available at no cost to people at risk of an opioid overdose and people likely to witness and respond to an overdose such as a family or friend of someone at risk. **To locate a participating site near you, visit www.isavefl.com**

What are some supportive services available for families, loved ones, and those at risk of an overdose?

There are various community agencies that offer education, peer support specialists, as well as treatment for substance use disorder. There include South Florida Wellness Network, area Hospitals, Broward Sheriff's Office, Broward Behavioral Health Coalition, and other community agencies.

#END OVERDOSE



HEALTHY EATS ⁸

Prosciutto-Melon Panini

This sandwich hits all the right sweet and salty notes.

Ingredients

- 1 Ciabatta roll
- 2 tbsp. Cantaloupe or Peach Jam
- 4 thin slices mozzarella
- 4 slices prosciutto
- Arugula



Preparation

On split ciabatta roll, spread jam; layer bottom with mozzarella, prosciutto and handful of arugula. Replace top. Bake in oven at 425 degrees F until cheese melts.

Air Fryer Sweet Potato Chips

These are the perfect easy & crispy snack.

Ingredients

- 2 medium sweet potatoes (scrubbed and rinsed)
- 1 tablespoon avocado oil (or any oil of choice)
- 1 teaspoon sea salt



Preparation

Thinly slice the sweet potatoes into rounds. Place the sweet potato slices into a mixing bowl. Add oil and salt. Toss to coat. Spread the sweet potato slices in one even layer (working in batches if need be) in your air fryer basket or tray. Air fry at 360°F for 20 minutes, shaking/flipping halfway through, until they are crispy and turning golden. Let cool and enjoy!

THE PERFECT SALAD FORMULA

1

green base

2+ cups raw
-or-
1+ cups cooked



mixed greens



baby spinach

2

protein

choose one
fresh protein



3/4 cup shrimp



4-6 oz. baked
chicken breast

3

fruits & veggies

aim for a total of 1 cup
of any combination



red grapes



berries
(any kind)



diced apples



diced pears

4

healthy fats

2-3 tablespoons of
one of the following



pepitas
(pumpkin seeds)



chia seeds

5

dressings

no more than
2 tablespoons total



extra virgin
olive oil



vinegar



lemon or other
citrus fruit juice

DIABETES PREVENTION PROGRAM



Create lasting healthy habits and decrease your risk of diabetes and other chronic diseases.

This year-long lifestyle change program is designed for people with prediabetes or those who are at high risk for developing type 2 diabetes and want to lower their risk.

Program Options:

- In-Person: you meet as a group with your lifestyle coach face-to-face.
- Distance: you meet as a group with your lifestyle coach online via Zoom.

Topic Examples:

- Get Active to prevent T2
- Eat Well to prevent T2
- Get Support
- Manage Stress
- Stay Motivated
- Keep Your Heart Healthy

If you're interested in attending an informational session, contact Nickey Lewin 954-847-8020



Gastroparesis is a disease in which the stomach cannot empty itself of food in a normal way. Normally, our vagus nerve tightens our stomach muscles to help move food through the digestive tract. But in cases

of gastroparesis, the vagus nerve is damaged. This prevents the muscles of the stomach and intestine from working properly, which keeps food from moving from the stomach to the intestines.

This is a common condition in people who have had diabetes for a long time, but there are a group of patients with gastroparesis where there is no obvious cause. Gastroparesis can be misdiagnosed and is sometimes mistaken for an ulcer, heartburn or an allergic reaction. In non-diabetic people, the condition may relate to acid reflux.

Symptoms of this condition can make it difficult to work and keep up with other responsibilities. If you suffer from Gastroparesis, talk to your healthcare provider about potential treatments and diet modifications you can make to relieve some of your symptoms.

Source: Cleveland Clinic, American College of Gastroenterology

GASTROPARESIS IS ALSO KNOWN AS "DELAYED GASTRIC EMPTYING"

SIGNS AND SYMPTOMS INCLUDE



feeling full after eating just a few bites



abdominal bloating and/or abdominal pain



nausea and/or vomiting, potentially vomiting undigested food



changes in blood sugar levels



POTENTIAL TREATMENTS

Diet modifications

Medication

Surgery



Diabetes is the most common known risk factor for gastroparesis.

Psoriasis

An immune-mediated, incurable, non-contagious chronic inflammatory skin disorder of unknown cause



125 MILLION PEOPLE (UP TO 3%) ARE AFFECTED WORLDWIDE

SYMPTOMS

MOST COMMON SYMPTOMS



THICK, RED SKIN



SCALING



ITCHING

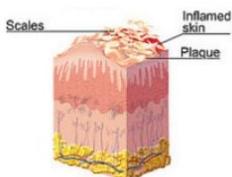


PAIN

CO-MORBIDITIES

- DEPRESSION
- DIABETES
- PSORIATIC ARTHRITIS
- HEART DISEASE

WHAT HAPPENS?



THE PROCESS OF PRODUCING NEW SKIN CELLS USUALLY TAKES AROUND 21 TO 28 DAYS. IF YOU HAVE PSORIASIS, THE PROCESS IS FASTER AND TAKES JUST TWO TO SIX DAYS. THIS CAUSES THE DEAD SKIN CELLS TO BUILD UP ON THE SURFACE OF YOUR SKIN.

Psoriasis is a skin disease that causes red, itchy scaly patches, most commonly on the knees, elbows, trunk and scalp. It tends to go through cycles, flaring for a few weeks or months, then subsiding for a while or going into remission. Symptoms can be triggered by some environmental factor including:

- Infections, such as strep throat or skin infections
- Weather, especially cold, dry conditions
- Injury to the skin, such as a cut, bug bite, or a severe sunburn
- Stress
- Smoking and exposure to secondhand smoke

Psoriasis affects more than 3% of the US adult population. That is more than 7.5 million U.S. adults. Anyone can develop psoriasis with about a third of instances beginning in the pediatric years. Family history, stress, and smoking can increase your risk of developing the condition. If you have psoriasis, you're at greater risk of developing other conditions, like type 2 diabetes, depression and cardiovascular disease. Patients of psoriasis often feel stigmatized because of how their skin look.

This Psoriasis Awareness Month, we want to remind you that **psoriasis is not contagious. You cannot catch psoriasis from another person.** Lack of knowledge about psoriasis on part of the general public is a significant contributor to how patients with psoriasis are stigmatized by others. To learn more about psoriasis, [visit psoriasis.org](http://visit.psoriasis.org)!

Source: Mao Clinic, National Psoriasis Foundation

Back to SCHOOL 10 HEALTHY TIPS



Teach good hygiene habits

Visit the doctors office



Get back into the routine

Provide healthy meals



Stay hydrated and avoid sugary drinks



Stay active with extracurriculars



Calm worries and anxiety

Manage allergies

Check for head lice



Choose the right school backpack



I have a fear of speed bumps.

But, I am slowly getting over it.

We hope you enjoyed this month's newsletter. We want to hear from you! If you have any question or suggestions, please contact us.

Contact:

Roldyne Dolce MPH, CHES®

Phone: (954) 847-8024

Email: Roldyne.dolce@flhealth.gov